

A COMPARATIVE STUDY ON TEAM EMPHASIS AND MOTIVATION IN NATIONAL LEVEL KHO-KHO AND KABADI PLAYERS

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ABSTRACT

The goal orientation of this study was to assess the motivation and Team emphasis on National level Kho-kho and Kabadi players. For accomplishing this goal of present study 100 male and female national level kho-kho and players are selected randomly from Kerala region, their age was ranged between 18-24. Motivation and team emphasis are considered under depended variables, the data collected with the use of questionnaire. Michel J Mahoney's psychological skills inventory was used. The destructive statistics such as mean, standard deviation 't' test was use with the help of IBM SPSS .22 package expert. Based on the result of the study it was concluding that there was an in significant compassion on motivation level and Team emphasis level in Kho-kho and Kabadi national level players. Since the study accept the null researcher hypothesis on motivation variable and team emphasis variables.

KEYWORDS: Motivation Level & Team Emphasis

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INTRODUCTION

Psychology

The word psychology comes from the Greek word psyche meaning mind or soul and logos meaning science. Therefore these Greek words, it can be seen that psychology is the science of mind and soul. In ancient times psychology was not a separate discipline. It was a part of philosophy. (Prof. S. R. Gangopadhyay, 2002)

Sports Psychology

This recent innovation in the fast- growing science of psychology deals with the psychological and emotional aspects of athlete performance in the contest of competitive sports. It describes explains and predict behaviour by applying principles of psychology in sports setting in its newest forms psychology is better known as exercise and sports psychology (M.L. Kamlesh, 2006)

Team Emphasis

A number of persons associated in a joint action or endeavour with intensity. Team emphasis is essential for success, and it helps to ensure a "spirit decors" among the players. When the players interacts and share team related experiences, they develop closer inter- personal relationship and feelings of mutual support and trust. While this outcome is intuitively appealing, researchers aren't certain that it is true.

Motivation

It can be defined as the direction and intensity of one's effort. Direction of effort refers to whether an individual seeks out; approaches or is attracted to certain situations. It is critical to the situation of all team games and individual sport, the ability to motivate people, rather than the technical knowledge of a sport or physical ability.

METHODOLOGY

The study aimed at to assess the motivation and Team emphasis on National level Kho-kho and Kabadi players. For accomplishing the aims of present study 100 male and female national level players are selected from Kerala region, their age was ranged between 18-24. The players are from Kho-kho and Kabadi discipline. Motivation and team emphasis are considered under depended variables, the data collected with the use of questionnaire. Michel J Mahoney's psychological skills inventory was used. The destructive statistics such as mean, standard deviation 't' test was use with the help of IBM SPSS.22 package expert.

RESULTS

The level of significance was fixed at 0.05, p value less than 0.05 is considered to be statically significant. The data on the psychological skills from all subjects were collected and calculated the descriptive statics, t' test details are shown in table 1.

Table 1

Group	N	Mean	SD	'T' Value	DF	P
Kho-kho	100	16.57	3.48	1.978*	198	0.049
Kabadi	100	15.64	3.15			

*Significant level 0.05 and p value <0.005

From Table 1, 't' test showed that there exist significant mean difference in the Motivation level of Kho-kho and Kabadi players ($t=1.978$, $p<0.05$). The inference is that Kho-kho players have significantly higher level of motivation (mean=16.57, SD=3.444) as compared to Kabadi players (mean=15.64, SD=3.15). The comparative bar diagram of Kho-kho and Kabadi players based Motivation is shown in Figure 1.

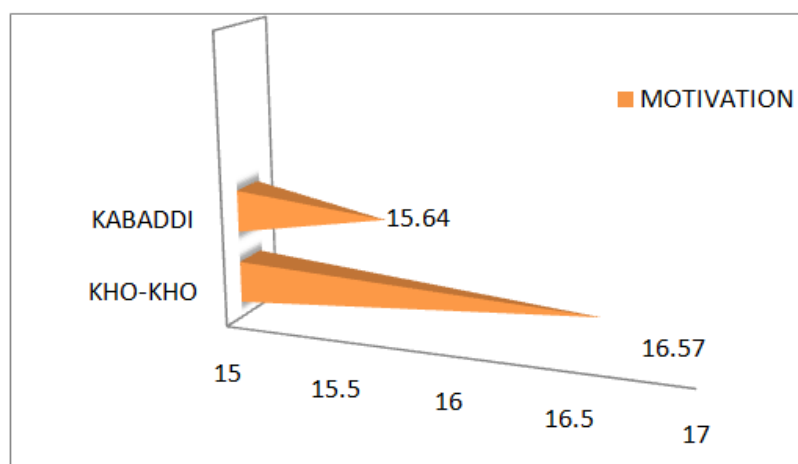


Figure 1: Comparative Bar Diagram of Kho-Kho and Kabadi Players Based on Motivation

**Table 2: Data Test of Significance for the Comparison of
Kho-Kho and Kabadi Players Based Team Emphasis**

Group	N	Mean	SD	'T' Value	DF	P
Kho-kho	100	16.25	3.82	1.553	198	0.122
Kabadi	100	15.46	3.34			

*Significant level 0.05 and p value <0.005

From Table 2, 't' test showed that there do not exist significant mean difference in the Team emphasis level of Kho-kho and Kabadi players ($t=1.553$, $p>0.05$). The inference is that Kho-kho and Kabadi players have the same level Team emphasis.

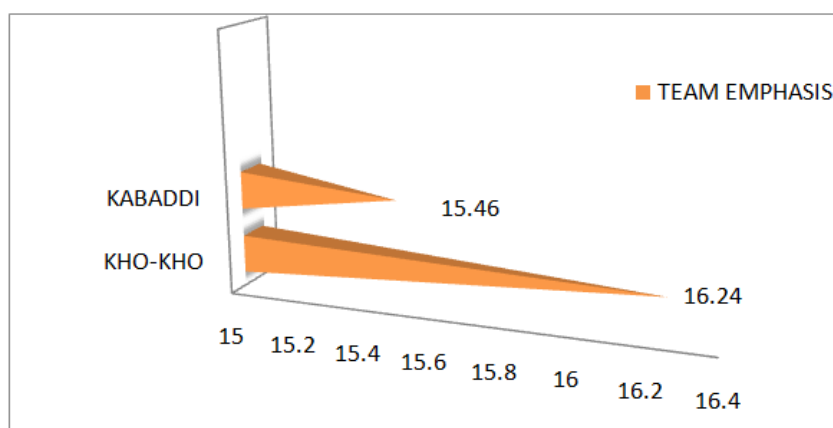


Figure 2: Comparative Bar Diagram of Kho-Kho and Kabadi Players Based on Team Emphasis

DISCUSSIONS ON FINDING AND CONCLUSIONS

From Table 1, 't' test showed that there exist no significant mean difference in the Motivation level of Kho-kho and Kabadi players ($t=1.978$, $p>0.005$). The inference is that Kho-kho players have significantly higher level of motivation (mean=18.11, SD=3.444) as compared to Kabadi players (mean=15.64, SD=3.15). From Table 2, 't' test showed that there do not exist significant mean difference in the Team emphasis level of Kho-kho and Kabadi players ($t=1.553$, $p>0.005$).

Based on the result of the study it was conclude that there was an in significant compassion on motivation level and Team Emphasis in Kho-kho and Kabadi national level players

Since the study accept the null researcher hypothesis on motivation variable and team emphasis variables.

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